

## ASPARAGUS WRAPPED IN KALE

### *Ingredients:*

8 large kale leaves  
16 asparagus stems  
¼ cup feta cheese  
½ cup mozzarella cheese  
2 Tbsp lemon juice  
2 Tbsp olive oil

### *Instructions:*

- Preheat the oven to 375 F.
- Wash the kale leaves, cutting off each stem.
- Steam the kale leaves for about 3 minutes, until they turn into a bright green colour.
- Remove any moisture from the leaves by patting dry with a paper towel.
- Cut the bottom tip of each asparagus. Steam for 5 minutes.
- Place a kale leaf on a flat surface.
- Add asparagus and sprinkle with feta and mozzarella cheese. Roll into a wrap.
- Repeat with the remaining ingredients.
- Place each kale wrap on a baking tray greased with oil. Sprinkle with a little lemon juice.
- Add some more mozzarella cheese on top.
- Bake for 10 minutes, until the cheese melts.

Serves 4

**Tip: sprinkle each kale leaf with a pinch of salt before cooking. This will soften the leaves, allowing you to make wraps more easily.**



**For more information**

Want to know more about the benefits of kale? Check out [www.alive.com](http://www.alive.com) for additional information and recipes, as well as specific articles and forums on food, nutrition, and health.